

ADOLESCENT CALCIUM INTAKE QUESTIONNAIRE: QUESTIONNAIRE ITEMS, CONSTRUCTS, AND SUBSCALES

(From: Glanz K, Steffen AD. Development and Reliability Testing for Measures of Psychosocial Constructs Associated with Adolescent Girls' Calcium Intake. *Journal of the American Dietetic Association*, 108(5):857-61, 2008.)

To score: Within each specific domain, add up the score on each item and divide by the number of questions answered. Do not score if fewer than half of the domain items were answered.

Social and Environmental Factors (18 scaled items + 2 categorical items)

Availability (9 items) (5-point scale; Never to Everyday)

1. There is milk in my home
2. There is yogurt in my home
3. There is frozen yogurt in my home
4. There is ice cream in my home
5. There is cheese in my home
6. There is calcium-fortified orange juice in my home
7. There is cereal at home
8. There are vegetables at home
9. There are corn tortillas at home

Social Influence (9 items)

(5-point-scale; Never to Everyday)

1. My mother makes me drink milk
2. My dad makes me drink milk
3. Everyone in my family drinks milk
4. My mother drinks milk
5. My dad drinks milk

(5-point scale; Strongly Disagree to Strongly Agree)

6. I drink milk because my coach says to
7. My family makes me take calcium supplements
8. My mom or female guardian regularly drinks milk or eats calcium rich foods
9. My dad or male guardian regularly drinks milk or eats calcium rich food

Social Influence (what friends/family usually drink/serve; 2 categorical items)

1. What do most of your friends drink at lunch? (milk, soda, juice, punch, water, other)
2. What do your parents give you to drink at dinner/supper most nights? (milk, soda, juice, punch, water, other)

Attitudes and Preferences (25 scaled items)

Health Benefits (6 items) (5-point scale; Strongly Disagree to Strongly Agree)

1. I drink milk so I can have strong bones now
2. If I drink milk now, my bones will be strong when I am older

3. Milk is not healthy (*Reverse score*)
4. I know it is important for people my age to drink milk
5. Only little kids need milk
6. I drink milk because it is good for me (*Reverse score*)

Preferences (5 items) (5-point scale; Strongly Disagree to Strongly Agree)

1. I like tofu
2. I like to eat seaweed
3. I like to eat pudding
4. I like to eat green vegetables
5. I like to eat stir fry dinners

Taste (8 items) (5-point scale; Strongly Disagree to Strongly Agree)

1. When it is cold outside, I like to drink cocoa
2. Now that I'm older, I'd rather drink soda-pop or coffee instead of milk (*Reverse score*)
3. I like the taste of soda (*Reverse score*)
4. Milk tastes good
5. Whole milk is too thick (*Reverse score*)
6. Skim milk tastes gross (*Reverse score*)
7. Milk at school tastes bad (*Reverse score*)
8. I love chocolate milk

Weight (3 items) (5-point scale; Strongly Disagree to Strongly Agree)

- I don't drink milk because it is fattening
1. I am trying to lose weight, so I don't drink milk
 2. Milk is high in calories

Tolerance (2 items) (5-point scale; Strongly Disagree to Strongly Agree)

1. Milk makes me sick/I am allergic to it
2. After I drink milk, my stomach hurts

Convenience (1 item) (5-point scale; Strongly Disagree to Strongly Agree)

1. Soda-pop and other drinks are easier to take with you than milk (*Reverse score*)

Knowledge (10 items) "Which foods are high in calcium or not high in calcium..?"

(Scored 1 = correct; 0 = incorrect or not sure)

1. Broccoli (YES)
2. Chicken (NO)
3. Bananas (NO)
4. Fish (NO)
5. Strawberries (NO)
6. Milk (YES)
7. Yogurt (YES)
8. Seaweed (YES)
9. Soda (NO)
10. Cheese (YES)